SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 10 SHOPPERS DRUG MART

WINNIPEG metro®

NEWS WORTH SHARING.

Israel strike hits UN school

Palestinian death toll above 1,300 as fighting escalates and hope for a ceasefire dims PAGE 4

Dress code, shmesh code

Roland Mouret's capsule collection for Banana Republic may be too hot for the office PAGE 11

No joyriding on the paddle boat, monsieur

Eight tips to help you mind your cottage manners PAGE 12

ALL-DRESSED PIZZA AND A SOFT DRINK?

ONLY IN QUEBEC, APPARENTLY. METRO'S COAST-TO-COAST SURVEY OF CANADIAN ENGLISH HIGHLIGHTS OUR REGIONAL DIFFERENCES PAGE 6

'Toba tosses 2,500 speeding tickets

Administrative error. Those speeding on Kenaston at end of June might see tickets refunded

An administrative error is being blamed for a million-dollar mistake in Winnipeg's photo-radar program that will see city police and the Manitoba government refund or cancel 2,574 speeding tickets.

A computer used to process tickets issued between June 27 and July 1 on a stretch of Kenaston Boulevard had not been updated to reflect recent changes to the province's speeding law, police said Wednesday.

As a result, an outdated section of the province's Highway Traffic Act was cited.

"In the interest of fairness to motorists, and transparency for all involved, (police) recommended tickets be fully refunded due to the improper wording," Det. Sgt. Natalie Aitken said. Police could have tried to reissue the tickets, but opted not to, she added.

The difference between the old wording and new is minor. Before the change, tickets would cite Section 95 (1)-Speeding. The law now has a new section specifically for speeding in a construction zone — Section 95 (1) (b.1). Fines have been increased as well.

The refunded and cancelled tickets are worth roughly $1 million, Aitken said. Only one photo-radar location had the glitch.

Until this year, motorists going through Manitoba construction zones were required to slow down only in areas where workers were present. The push to toughen the law was prompted in large part by the Oct. 18, 2010, death of Brittany Murray, a flag operator who was struck by a driver who had not reduced his speed. Now, drivers must slow down in all construction zones, regardless of whether workers are present.

Aitken said motorists aren't getting the message. The 2,574 speeding tickets were issued over five days on a road where the speed limit dropped from 80 kilometres an hour to 60 km/h in the construction zone.

"That's an extremely large number at one particular location," she said. "The speeds that you see people travelling at are dangerous." THE CANADIAN PRESS

Flag person Michelle Golebiowski slows traffic down through construction on Pembina Highway Wednesday, the same day police announced that more than 2,500 photo-radar tickets for speeding through a construction zone this summer are being tossed due to an administrative error. SHANE GIBSON/METRO

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Windsor Park area

Police investigating serious sexual assault

Winnipeg police are investigating after a young woman was seriously sexually assaulted after leaving a Windsor Park-area nightclub early Sunday.

The 18-year-old victim had split up from friends after spending the night at a club on Elizabeth Road when a man in a vehicle pulled up and offered her a ride.

The victim took the ride but asked to be let out when she realized she wasn't sure where the man had driven to. The man refused and seriously sexually assaulted her.

The suspect is black, with a slim build, and spoke with an accent.

This is the second sexual assault to happen near the club within the last two weeks, but police are not linking the two investigations.

METRO

Arthur Haussermann

Woman charged in death of man found in burning apartment

A Winnipeg woman who police say had a brief relationship with the city's latest homicide victim is facing second-degree murder charges in connection to his killing.

Arthur Haussermann, 53, was rushed to hospital in critical condition early Saturday after being rescued from a fire in his suite in the Holiday Towers highrise apartment at 160 Hargrave St.

Haussermann later died in hospital, and police said Tuesday autopsy results show he died from upper-body injuries suffered before the fire started.

Police spokesperson Det. Sgt. Natalie Aitken wouldn't elaborate on how Haussermann was injured, but did say the fire in the suite had been deliberately set.

Clarissa Dawn Ponace, 29, is charged with second-degree murder and arson endangering life for her alleged involvement.

Police aren't ruling out the possibility of further arrests.

SHANE GIBSON/METRO

For more local news, visit metronews.ca

Hot dog carts, pizza joints rack up health violations

Annual report. Rodents, unsanitary conditions are the usual suspects

ELISHA DACEY
elisha.dacey@metronews.ca

Manitoba has released its annual report tracking restaurants that were shut down due to health violations, and rodents and unsanitary conditions top the list.

The two biggest offenders were a hot dog cart and a pizza restaurant, which were both shut down twice over the past year.

Pizza Shack, a small pizza restaurant on Sargent Avenue, saw closure twice, first in November of last year for sanitation and pest control issues, and again in January for the same reasons. Meanwhile, hot dog cart Peg City Dawgs was shut down in June for failing to keep the cart clean. It had been shut down in August 2013 for the same reason.

Among violators were:

— Loveable Hotdogs and Smokies: mobile push cart; June 26; lack of handwashing facilities.

— Extreme Dog: mobile push cart; June 26; lack of handwashing facilities.

— Peg City Dawgs: mobile push cart; June 26; accumulated food debris on utensils, cart.

— Chicken Delight: 1000 Nairn Ave.; March 17; no running water.

— A&W: 1120 Grant Ave.; March 10; rodent infestation.

— Pizza Place: 1120 Grant Ave.; March 7; unsanitary conditions, rodent infestation.

— Lan May Restaurant: 1373 Portage Ave.; Feb. 24; unsanitary conditions, heavy rodent infestation.

— Old Fashioned Noodle Products: 59 Speers Rd.; Feb. 24; unsanitary conditions, no rodent prevention.

— Pizza Shack: 589 Sargent Ave.; Jan. 7; unsanitary conditions, temperature abuse, no rodent prevention.

— Fortune Cooking Chinese Restaurant: 1045 St. James St.; Dec. 18; unsanitary conditions, temperature abuse.

— ING Supermarket: 1873 Pembina Hwy.; Nov. 19; unsanitary butcher shop.

— Pizza Shack: 589 Sargent Ave.; Nov. 5; unsanitary conditions, no rodent prevention.

— Nuburger: 472 Stradbrook Ave.; Oct. 29; operated despite flooding.

— 9's Karaoke & Bubble Tea/Mercato Gelato Café: 230 Osborne St.; Sept. 20; lack of hot water, improper food storage, unsanitary conditions.

— Kim Kuong Ltd.: 303 King St.; Sept. 16.; lack of hot water, improper food storage, unsanitary conditions.

— Tot Wheels: food truck; Sept. 7; unsanitary conditions, improper food storage.

— Pizza Hotline: 1262 Pembina Hwy.; Aug. 29; temperature abuse, inoperable ventilation.

— Peg City Dawgs: mobile push cart; Aug. 23; unsanitary conditions.

— Little Big Hot Dog that Could: mobile push cart; Aug. 22; inadequate amount of cold potable water on the mobile cart.

The province of Manitoba's annual restaurant health violation report. ELISHA DACEY/METRO

Online safety. Local man charged with child porn, luring minor in Alberta

A local man has been arrested on charges of Internet luring involving a teenage boy from the Cochrane area in southern Alberta.

Winnipeg police allege a 53-year-old man posed as a 13-year-old girl online and coerced the teenage boy into providing sexual videos.

Det. Sgt. Natalie Aitken says police searched a home, seized electronic equipment and contacted authorities in Alberta.

She says the accused has been released on a promise to appear in court and faces charges of possessing child pornography and luring a minor.

She says the Winnipeg man and the alleged victim never met in person.

Aitken says the case is a reminder that Internet luring can happen anywhere and that parents need to be mindful of what their children are doing online.

"Often times, people think predators are someone who is on the street that our children will run into. Well, with the Internet, we are actually allowing these people within our homes now," she said.

THE CANADIAN PRESS

Vigilance

"With the Internet, we are actually allowing (predators) within our homes now."

Det. Sgt. Natalie Aitken

Det. Sgt. Natalie Aiken said a Winnipeg man tried to lure a boy from Alberta. SHANE GIBSON/METRO

Province plans to name holiday after Terry Fox

The first Monday of August. Winnipeg native inspired the world, says premier

The Manitoba government plans to change the name of the province's August civic holiday to Terry Fox Day.

Fox was born in Winnipeg on July 28, 1958, and became famous for his cross-country Marathon of Hope in 1980. Renaming the holiday, which falls on the first Monday of August, in honour of Fox only makes sense, Premier Greg Selinger said Wednesday.

"His example of courage and determination in the face of cancer ... is something that has resulted in over $600 million being raised for cancer-care research across the globe, in over 60 countries," Selinger told radio station CJOB.

"Terry Fox was one of the early guys that inspired all of Canada and actually the rest of the world to do something about it."

The government will discuss the issue with the Terry Fox Foundation and is expected to table a bill in the legislature this fall to make the change official.

It's an idea that other provinces may want to adopt, Selinger suggested.

Fox lost a leg to cancer when he was 18 and three years later took up his attempted cross-country run on a prosthetic limb.

He started his run in April 1980, dipping his leg in the ocean at St. John's, N.L. The effort ended 147 days and 5,373 kilometres later outside Thunder Bay, Ont., when his cancer returned and forced him to abandon his project.

He died in June 1981 at the age of 22.

THE CANADIAN PRESS

Canadian hero Terry Fox was born in Winnipeg, and the province of his birth will be naming a day after him. THE CANADIAN PRESS

Money raised

$600M

More than $600M has been raised in Fox's name for cancer research worldwide.

Distance travelled

5,373 km

The distance Terry Fox was able to cover before being forced to stop

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Israel strikes UN school, shopping area in Gaza

Middle East crisis. Palestinian officials say at least 17 killed in latest attack on UN facility

Israeli artillery shells tore through the walls of a UN school crowded with sleeping war refugees and back-to-back explosions rocked a market filled with shoppers Wednesday as Israel's stepped-up campaign against Gaza's Hamas rulers claimed at least 116 Palestinian lives.

After the strikes near the shopping area in Gaza City, bodies lay scattered in the streets as the wounded screamed for help. "Where is the ambulance?" one man moaned as he lay on the blood-soaked ground.

Some 3,300 Gazans seeking refuge from the fighting had been crammed into the UN school at the Jebaliya refugee camp when a series of Israeli artillery shells hit before daybreak, turning a classroom where families had been sleeping into a scene of bloodied clothing, bedding and debris.

Palestinian health officials said at least 17 people were killed and 90 wounded in the school attack — the latest in a series of strikes the United Nations says has hit UN facilities that are supposed to be safe zones in the 23-day-old war.

THE ASSOCIATED PRESS

Quoted

"Nothing is more shameful than attacking sleeping children."

UN Secretary-General Ban Ki-moon, in condemning the attack on a UN school in Gaza. Ban said "all available evidence points to Israeli artillery as the cause" of the attack.

Palestinians inspect damage to houses from a fallen minaret of the Al-Sousi mosque that was destroyed in an Israel strike at the Shati refugee camp in the northern Gaza Strip on Wednesday. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

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Flight 17. Clashes keeping experts from crash site to recover bodies of victims

Almost two weeks after Malaysia Airlines Flight 17 was blown out of the sky, the remains of some passengers are feared rotting in the 32 C midsummer heat, deepening the frustration of relatives desperate to recover the bodies of their loved ones.

Fighting between Ukrainian forces and separatist rebels has kept away international police charged with securing the site, a sprawling area of farmland and villages. And until it's secured, there is no way for forensic experts to recover the bodies or gather debris for analysis.

THE ASSOCIATED PRESS

Alexander Hug, deputy head of the OSCE mission to Ukraine, centre, and his colleagues examine a map as they discuss the situation around the site of the crashed Malaysia Airlines Flight 17 in the city of Donetsk, Ukraine, Wednesday. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Turkey

Activists turn deputy PM's comments into a laughing matter

Women in Turkey have taken to social media to protest against comments by the country's deputy prime minister that "women should not laugh aloud in public."

Women were sharing photos on Twitter of themselves laughing Wednesday after Deputy Prime Minister Bulent Arinc's comments that not laughing out loud in public is among requirements of being an honourable woman.

Canan Arin, a prominent women's rights activist, said it was a pity Turkish women have to respond to such "silly comments" when they have more serious problems to deal with, including frequent male violence against women.

THE ASSOCIATED PRESS

South Carolina

Prison-bound drone's struggle to smuggle leads to man's arrest

Officials are looking for a person they say helped try to use a drone to sneak phones, marijuana and other contraband into a maximum-security prison.

Officials found a crashed drone in bushes outside Lee Correctional Institution in Bishopville, S.C. At the site, Corrections Department spokeswoman Stephanie Givens says officers on April 21 also found the phones, marijuana and tobacco products.

One man has been arrested and charged with trying to give contraband materials to inmates, and authorities are looking for a second suspect.

THE ASSOCIATED PRESS

Toronto police officer faces another charge in Yatim case

Attempted murder. The Crown added the allegation to an already existing murder charge

The Toronto cop charged with second-degree murder in the streetcar shooting of teenager Sammy Yatim last summer has been charged again.

On Wednesday, the Crown revealed that it had added the charge of attempted murder to the indictment of Const. James Forcillo, leaving him in an apparent contradiction: Prosecutors claim he both murdered and attempted to murder Yatim.

Yatim was killed after brandishing a small knife on the Dundas Street streetcar last July. Once passengers evacuated the TTC vehicle, several police officers approached the open front doors and ordered Yatim to drop the knife.

Several videos of the event show a single officer — later identified as Forcillo — firing nine times, leaving the boy crumpled on the floor. Yatim was then Tasered and handcuffed before being taken to hospital.

After a court appearance Wednesday morning, Forcillo's lawyer Lawrence Gridin said the new charge indicates weakness in the Crown's case.

"The Crown's changing theory just highlights that this case is by no means clear-cut, and we are looking forward to presenting a strong defence," Gridin wrote in an email to Torstar News Service.

Police association president Mike McCormack claimed the two charges are contradictory.

"We're scratching our heads; the public is scratching their heads; no one understands it," he said. "To us, it's like throwing all sorts of stuff at the wall and seeing what sticks."

After discussing the case with Forcillo's lawyers, McCormack speculated that the new charge might reflect the fact that the officer felt threatened by Yatim.

"It seems Forcillo could have been justified in firing some but not all of the shots," he said.

Legal experts say charging the same person with murder and attempted murder is very rare. TORSTAR NEWS SERVICE

Sammy Yatim
FACEBOOK/THE CANADIAN PRESS

Const. James Forcillo and his wife, Irina Forcillo, leave the Old City Hall courthouse in Toronto on June 17. NATHAN DENETTE/THE CANADIAN PRESS

Quebec

Still no sign of escaped prisoner

Provincial police say there is still no sign of a Quebec inmate who disappeared from a minimum-security federal penitentiary while serving a murder sentence.

An arrest warrant is out for Robert Gaudette, who vanished from the facility north of Montreal early Tuesday morning.

Sources say he escaped by hopping out a window in his room in a minimum-security housing unit.

The 55-year-old Gaudette had been behind bars since receiving a life sentence in 2002 for the second-degree murder of his wife, Cindy Bouchard.

He was set to have a parole hearing soon.

Gaudette was discovered missing during a 5 a.m. head count at the Federal Training Centre in Laval, which comprises both a minimum- and medium-security facility. THE CANADIAN PRESS

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Translating English into English

'Notebook' or 'scribbler'? Survey shows Canada can be broken down into five linguistic regions, McGill prof says

LUKE SIMCOE
Metro Online

Canadian English may have less regional variation than its British and American cousins, but a recent Metro survey shows our tongues are still tied by geography.

In June, Metro ran a story on Canadian English, examining our dialect's past, present and future with the help of McGill University linguist Charles Boberg. The story included a survey — completed by nearly 1,200 readers — tracking differences in language from coast to coast.

According to Boberg, the results show the country can be broken down into five linguistic regions: B.C., the Prairies, Ontario, Quebec and Atlantic Canada.

"Regional identities are alive and well," he said.

For example, western residents refer to a summer house as a "cabin," while "cottage" dominates east of Manitoba.

And while much of the country prefers the terms "ATM" and "notebook," Atlantic speakers used the words "bank machine" and "scribbler," respectively.

Quebecers were the only respondents to prefer the term "soft drink" over "pop."

"What is most remarkable about (the) data, perhaps, is their everyday character: These are not the specialized, now often obsolescent vocabulary connected with traditional rural occupations or local landscape features, the type of variable that was used in the past to identify the older dialect enclaves of eastern Canada," Boberg said.

"Rather, they are words that most Canadians use in their daily speech."

There were also differences within regions, or between different provinces.

Saskatchewan in particular had a number of breaks with its neighbours; three-quarters of Saskatchewan respondents referred to a hooded sweater as a "bunnyhug" and residents also used "all-dressed" to refer to a pizza loaded with toppings — a term that has little traction outside Quebec.

"Maybe there's some Montrealers that moved to Saskatchewan and started the first pizza place," Boberg joked.

Quoted

"In today's interconnected, globalized world, regional differences somehow survive ... suggesting that we have a need to belong to smaller, local communities and to symbolize that membership through social behaviour, including our choices in language."

McGill University linguist Charles Boberg on how regional differences function to resist linguistic colonization

Teeter totter, eh?

See-saw or teeter totter? Go online to metronews.ca to search through the lingo preferred by each province.

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Stole millions

Fake concert booker gets 5-10 years in prison

A New York man who stole millions of dollars from clients by falsely promising to book performances by world-famous recording artists like Rihanna, Lady Gaga and Justin Bieber has been sentenced to five to 10 years in prison.

THE ASSOCIATED PRESS

The end of driving?

Britain to test driverless cars

British officials say driverless cars will be tested on roads in as many as three cities in a trial program to begin in January.

Officials said Wednesday the tests will last up to three years. Sensors and cameras will guide the cars.

The plan will include two types of driverless technology. One places a driver in the car who can take the controls if needed; another calls for a fully autonomous vehicle with no driver present.

THE ASSOCIATED PRESS

Ford Motor Co.

Ford puts brakes on BlackBerrys, opts for iPhones

Ford Motor Co. is hanging up on BlackBerry and giving thousands of its employees Apple's iPhone.

A spokeswoman for the automaker said Ford aims to replace BlackBerry smartphones with about 3,300 iPhones by the end of the year.

THE CANADIAN PRESS

Small charity survived audit, but CRA has fresh demands

Charitable status at risk. The head of CoDev is feeling 'stressed' about complying with order to translate all documents into French or English

A small Vancouver charity that helps the poor in Latin America has survived an audit of its political activities but is now struggling with fresh demands from the Canada Revenue Agency.

CoDevelopment Canada Association — known as CoDev — faces the crippling prospect of translating every scrap of paper it receives from 17 partners in El Salvador, Nicaragua, Honduras and elsewhere from Spanish into either English or French.

The demand, set out in a January compliance letter from the CRA, will start to bite this fall as the tiny four-person shop begins to receive banker's boxes full of Spanish-language documents from its Latin American projects, including taxi chits and bus-fare receipts.

The group's executive director, Barbara Wood, says the newly imposed requirement will drain away scarce resources, yet must be carried out or CoDev risks losing its charitable status.

"It makes me feel uncertain and a little bit stressed," Wood said in an interview. "I'm feeling fairly vulnerable." THE CANADIAN PRESS

The Canada Revenue Agency headquarters in Ottawa in 2011. A small Vancouver charity that helps the poor in Latin America has survived an audit, but now is struggling with fresh demands from the CRA. SEAN KILPATRICK/THE ASSOCIATED PRESS FILE

New class of audits

The case is an example of how the CRA's 52 political-activity audits currently underway can end badly for a non-profit organization, even if it manages to pass the new class of audits instituted by the Harper government in 2012.

- Many of the charities under audit have been critics of government policy, including CoDev, a trade union-funded group that has raised questions about Canada's free-trade deal with Colombia, among other issues.

Ticket me Elmo? Costumed characters demanding tips for pics no laughing matter

New York City officials are turning up the heat on Elmo, Cookie Monster and Statue of Liberty impersonators — Times Square costumed characters who often demand money for posing in photos with tourists.

The city wants to rein in a summertime spike in badly behaving characters such as the Spider-Man accused of punching a police officer recently.

"This has gone too far," a frustrated Mayor Bill de Blasio said this week. "It's time to take some real steps to regulate this reality."

But that could be easier said than done. Legal experts say proposals for a city law to possibly require licences and background checks could violate free-speech rights.

At issue is whether the characters can be considered street performers protected by the First Amendment or whether they are engaged in commercial activity subject to regulation. It depends on whether the characters merely hope for tips or demand money. Some tourists have complained about being harassed for payment.

"If you can prove that they are there to seek money, not simply conveying a message ... they are subject to greater regulation," said Jesse Choper, a constitutional law professor at the University of California.

In about the past year, a Cookie Monster was accused of shoving a two-year-old and an Elmo was heard berating tourists with anti-Semitic slurs.

There also have been recent reports of a brawl between two Statue of Liberty impersonators and a man dressed as Woody from Toy Story groping women.

THE ASSOCIATED PRESS

People dressed as Catwoman and Spider-Man take a picture with a tourist in Times Square on Monday. THE ASSOCIATED PRESS

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WHEN SOMEONE GREAT IS GONE

HE SAYS

John Mazerolle
metronews.ca

What have I become?

Back in my youth (2010), I wrote a column about not owning a cellphone. Even then, it was such an unusual state of affairs that a Calgary talk-radio station called me for an interview about it.

Sample excerpt: HOST: So you don't have a cellphone? ME: No. HOST: Wow.

Then, in 2011, in an example of how consistent and steadfast I am when I believe in something, I bought a cellphone.

I was using it all the time, only looking up from the screen for automobile crashes, and then only to Instagram them.

My phone was a part of me. I'd become everything I'd ever mildly disliked.

Now, years later, allow me to share the third chapter of this tragedy: My cellphone isn't working properly *and it's killing me*. What's saddest is that the phone still works. It's just charging inconsistently, sometimes leaving me without access for a few hours, tops.

But I'm like a heroin addict who knows his product and can tell the hit's been stepped on a few too many times. (NOTE: All drug lingo accurate as of Season 5 of The Wire.)

I sicken myself, and not only because this column has more "i"s in it than a new Apple product's press release.

I'm glued to my phone, and for the dumbest reasons: Facebook. Twitter. Video games that aren't even as good as the ones from the '80s.

Who goes through withdrawal for these things? Here's how bad it is: There was a story in the news this week about a huge solar flare that could have disabled all electronics on Earth and my first thought, I swear to God, was "Oh, my poor phone!"

Life on Earth would have been set back decades and all I could think about was dozens of Angry Birds suddenly squawking out in terror, then suddenly silenced.

In the movies people who get hooked up to supercomputers always become hyper-intelligent demi-gods with aspirations of world domination.

Reality suggests the person would become a drooling cyber-cypher whose message for the world would be random messages of "THIS!" "WANT!" and "SO MUCH THIS!"

First we squandered television's potential, now we're wasting the Internet's.

If the abacus had been invented this week, we'd use the beads to make clacking noises and penis shapes.

I asked who goes through withdrawal for these things. Well, everybody, near as I can tell. What have I become? You and you and YOU.

So at least I'm not alone. Who says technology is pulling us apart?

THE GIVING (& GIVING & GIVING) TREE

Artist Sam Van Aken's rendition of what the Tree of 40 Fruit will look like when it reaches 10 years of age. Van Aken describes his project as art, research and conservation. IMAGES SAM VAN AKEN COURTESY OF RONALD FELDMAN FINE ART

Artist's Tree of 40 Fruit Project growing into maturity

New York-based artist Sam Van Aken has brought together a plethora of fruit trees to create supertrees with the capacity to grow more than 40 different varieties of fruit.

Created through the process of grafting, the Tree of 40 Fruit appears as a regular tree most of the year, but in spring its chimera nature reveals itself when it blossoms in variegated tones of pink, white and crimson. Come summer, it bears a multitude of fruit, including peach, plum, apricot, nectarine, cherry and almond. METRO

Quoted

"I realized the extent to which we've created these massive monocultures."

Sam Van Aken, artist behind the Tree of 40 Fruit project, who said in a TED talk that it was difficult to find the varieties of stone fruit for his project.

Tree 75 in the spring at five years old with its various flowers blooming.

METRO AUGMENTED REALITY

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metro AR

In this issue, you can find AR enhancements on page 18 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Self-harmie? Snafuie? Pick your portmanteau

ANDREW FIFIELD
andrew.fifield@metronews.ca

Look, if we're going to continue with the reckless endangerment in pursuit of that perfect daredevil selfie, then we're also going to need a word for any misfortune that results. The portmanteau era demands it.

So what's it going to be? What do we call something like this, where our selfie-snapping hero nearly finds himself on the business end of a bull at a French festival? A self-harmie? A snafuie? There should also be a word to describe society's failure in not coming up with this already. (lexflex freeman/YouTube)

GETTY IMAGES FILE

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Since we're nothing more than Savages, we might as well just rock

Soulfly. Metal band brings their new album to Winnipeg

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Former Sepultura frontman Max Cavalera (centre) is joined in Soulfly by his son Zyon (second from right) as well as guitarist Marc Rizzo (right) and bassist Tony Campos (left). CONTRIBUTED

Progress or regress? Soulfly frontman Max Cavalera says we're still living in the Dark Ages on the metal band's ninth studio album, Savages.

"The title refers to the human race," says Cavalera. "As humans, we are going to the future with the Internet and missions to Mars, but we are still decapitating each other in Mexico. The record is about us, the human race, claiming to be so intelligent and futuristic, but at the same time, it's so barbaric. We're still acting like barbarians."

Cavalera, the co-founder and former frontman of pioneering Brazilian metal band Sepultura, isn't one for subtlety. Savages, released last September on Nuclear Blast, contains such overtly violent songs as Bloodshed, Cannibal Holocaust and K.C.S. (Kill Cut Scalp).

Despite the brutality, Savages is fun for the whole family. Cavalera's sons Igor Jr. and Zyon, who play together in punk/metal band Lody Kong, both play on Savages, with Igor Jr. providing vocals on Bloodshed and Zyon playing drums on the entire record. Zyon, 21, became Soulfly's full-time drummer after the departure of David Kinkade in 2012 and contributed to the Savages songwriting process.

"We worked at home," says Cavalera, who lives in Phoenix, Ariz.

"In my Sepultura days with my brother Igor, I used to write at home and jam with him and a lot of the old Sepultura songs like Inner Self and Beneath the Remains came up like that, me and Igor jamming together before it got to the whole band. I did a similar approach with Zyon. I went to his room every day for five hours and we just jammed non-stop."

Keeping it in the family, in October, Cavalera and his brother Igor will release Pandemonium, the third album from their band Cavalera Conspiracy. Cavalera says it's the Brazilian brothers' "most brutal" record yet.

"I wanted to go back to basics with Igor. I told him I wanted the Igor of the Beneath the Remains and Arise era (Sepultura's 1989 and 1991 albums), the fast, crazy drumming and he was up for it," Cavalera says.

"I wanted to play the kind of metal that we love and it's in our blood, you know. Plus, I was listening to a lot of grindcore at the time, a lot of Pig Destroyer and All Pigs Must Die, all that noisy stuff.

"The album is killer. It's brutal from beginning to end. It's just a pure metal record."

If you go...

- Soulfly plays the Pyramid Cabaret on Wed., Aug. 6. Tickets are $27 at Ticketmaster. Showtime is 8:30 p.m.

SCENE

Gwyneth Paltrow

Paltrow and Martin still consciously uncoupling — just don't snap a pic

Here's some rather bizarre behaviour for you: Gwyneth Paltrow attended the premiere and after-party for new film Hector and the Search for Happiness with estranged husband Chris Martin, but then decided they probably shouldn't be photographed together. That led to an odd series of photos that included the singer ducking into the back seat of their SUV and trying to hide behind decorative shrubbery.

Billy Bob was too late to be Saved by the Bell

What with his Emmy-nominated performance on Fargo, Billy Bob Thornton definitely has a taste for television now. And he's got a few ideas about other shows on which he'd like to appear. "There's so much good stuff on TV," he tells E! News. "Maybe I can play what's his name? Hodor on Game of Thrones, the guy who only says, 'Hodor.' Maybe I could be his cousin or something, his long-lost cousin." Of course, life is not without regret, as Thornton jokes that he came to television too late for one dream role. "Saved by the Bell is not on anymore, so I think I missed my chance," he says.

Billy Bob Thornton

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Bloom and Biebs brawl almost too good to be true

NED EHRBAR
Metro in Hollywood

Orlando Bloom is a tough guy to piss off. He has one of the most charmed, stress-free existences going, and he knows it. He's handsome, he's got a fancy British accent and his status as a movie star remains unchallenged despite not doing much noteworthy beyond the Lord of the Rings. The man generally walks around with an "Isn't it awesome being me?" grin on his face. So getting him riled up has to be a challenge. And you know who's up to that challenge? Justin Bieber.

Bloom and the Biebs were living it up (separately) at Cipriani's in Ibiza — because of course they were — when some bad blood between the pair erupted into Bloom taking a swing at Bieber. "Justin was at one table, and Orlando was at another," a source tells Page Six. "But when Bieber and his party were later walking past Bloom's table, Orlando refused to shake Bieber's hand." Then, "Bieber said something rude to Orlando, like, 'She was good.'" That comment was apparently about Bloom's ex-wife, Miranda Kerr, a Victoria's Secret model who has previously had to spend time with Bieber because being a Victoria's Secret model is actually a terrible, terrible job.

People, this is amazing. This is gossip Christmas. Wispy, non-threatening millionaires trying to slap-fight in an Ibiza nightclub with Diddy and Paris Hilton looking on? It's so perfect I almost don't believe it. But there's video of the incident, so maybe the universe really is just this rewarding.

Hours after fleeing the scene, Bieber took the only recourse that feels natural to him: social-media taunting. He posted a photo of Kerr in a bikini to his Instagram account, then quickly deleted it — but not before it could get more than 94,000 likes. Sick burn, bro.

Scarlett Johansson ALL PHOTOS: GETTY IMAGES

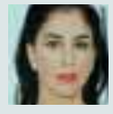
First comes the baby for Scarlett Johansson

Don't expect to see Scarlett Johansson in a wedding dress until after she finishes up with this whole being pregnant thing, according to Us Weekly. "She is telling friends that she is not getting married until after the baby," a source explains. There's no word on when her baby with French fiancé Romain Dauriac is due, but with her work on Avengers 2 complete and her promotional duties for Lucy behind her, Johansson is said to be taking it easy and enjoying her pregnancy.

Twitter

@KevinHart4Real
My lady just caught me male twerking in the bathroom naked. I just stopped & immediately apologized & said please don't judge me. FML

@kirstiealley
I'm getting an awesome massage except Duxter flew up here and is bugging the F outta me!!! Duck world problems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my doctor said I'm a late night tweeter

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SHOPPERS DRUG MART

A Roland Mouret mash-up? Now that's Banana's!

Nine-to-five knockout. Celebrated French designer's collection for Banana Republic on its way to Canadian stores

TINA CHADHA
Metro World News

HR, beware: The workplace is about to get a whole lot sexier.

The latest in the world of high/low designer collaborations has arrived.

French designer Roland Mouret is bringing his sexy, fitted dresses to Banana Republic for a limited-edition capsule heavy on the brand's signature stretchy Sloan fabric.

The Banana Republic Sloan fabric is a unique blend of rich, bi-stretch fabric, which creates a "magic" fit that shapes through figure-flattering silhouettes.

Mouret, famous for his exceptional skills in draping, structure and style, naturally gravitated toward this signature material, which he hand-draped, cut and pinned on the body to create this iconic capsule.

The nearly 30-piece collection will shine a light on Mouret's craftsmanship talents through the use of this dynamic fabric.

"The common goal for this collection is to offer incredible fit through an assortment of hourglass silhouettes," says the designer, who is also focusing on "extending my love of structure into accessible prices." Score.

The collection will be available at select stores across Canada and online at bananarepublic.ca on August 7, 2014.

Model Karolina Kurkova poses with Roland Mouret in a behind-the-scenes campaign shoot for his upcoming collection. CONTRIBUTED

Fitted and fabulous

"The common goal for this collection is to offer incredible fit through an assortment of hourglass silhouettes."
Roland Mouret

Forget Paris

A socialite who sticks to a budget

Nicky Hilton GETTY IMAGES

Nicky Hilton is releasing a new book to help other women develop their own personal style. In 365 Style, (being released Sept. 2) Hilton gives tips on dressing like a million bucks without breaking the bank. Through her tips, readers will figure out not only what their personal style is, but what types of clothes look best on their body type. After they know what guidelines to go by, they'll have an easier time shopping within their budget. METRO

Pop out some polish

Colour your fingers on the fly

Essie's new Color Boutique CONTRIBUTED

Essie, everyone's favourite affordable, on-trend nail brand has unveiled the Essie Color Boutique, a self-service kiosks that dispenses 48 Essie shades, including 42 permanent colours and six new seasonal shades. METRO

Canadian street style

Spotted in: Toronto

Name: Sarah

Age: 26

Occupation: Actor

What she's wearing:

El Easteria leather bag from a market in Florence, Italy, Aritzia Tulula tank top, Levi skinny jeans, Blue Topaz Crystal necklace, feather earring hand made by Desiree Lyver, D&Y hat, and Birkenstock sandals.

Her inspiration:

"My family is from Cape Town, South Africa, so I am drawn to earth tones and pastels. I like to dress how I feel — grounded, brazen, and free... with a bit of sass."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION, TOO!

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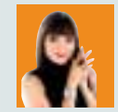


JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

How do I look? Getting coiffed+ready for my close up @MarcAnthonyTO for my @TheShoeCompany photo shoot today #onaroll

Mind your cottage manners

By the time the end of July rolls around, you're probably working hard to score that coveted cottage invite from a friend. But before you unload the car and jump in the lake, acquaint yourself with some common cottage courtesies. Metro talks to Sue ten Brummeler, owner of onlinecottagerental.ca, about cottage etiquette whether you're renting a private property or heading to a family friend's place. After all, you want to get invited back, don't you?

ETHAN ROTBERG
life@metronews.ca

Be on time (for everyone's sake)

If you're renting a private cottage, confirm ahead of time when the check-in and check-out times are and treat the times firm like you would a hotel. You don't want the next guests to wander in while you're applying After Bite to your partner's hard-to-reach places. Going to a friend's place? Send a text when you're leaving so they have a vague idea of when you'll arrive.

Avoid awkward surprises. Don't arrive unannounced or overstay your welcome. ISTOCK

ISTOCK

Bring food, preferably enough for everyone

"If you're going with friends, bring at least one meal and even ask to participate in making it," says ten Brummeler. "Bring your own booze even if they say not to." If you're renting a private cottage you'll want to fill the cooler ahead of time. If the owners have left something in the fridge, leave it be. Besides, those burgers could be from last summer. Some things are usually OK to use, added ten Brummeler, like olive oil and spices.

Ask about water and septic systems

First-time cottage-goers might not be familiar with a septic system, which is sewage treatment where water waste exits the cottage into an elaborate maze of tanks and pipes under the ground. "Key is to get as much info as possible from the owner," says ten Brummeler. "What's the capacity, what the system can take, how many people, etc." So be careful what you flush. You do NOT want septic problems during your vacation.

The facilities might not be as primitive as an outhouse, but that doesn't mean you'll always be able to flush. ISTOCK

Remove garbage

Depending on where you are travelling, the cottage may or may not have municipal garbage collection. Find out ahead of time when garbage pickup is and, if provided, use a curbside garbage box to mitigate animal issues. If you're somewhere remote, ten Brummeler advises to ask the owner where to keep garbage until you leave. The biggest concern here? "Bears!"

Guess who's coming to dinner if you don't tidy up the garbage? ISTOCK

Check if pets are allowed

We're mostly talking dogs here, unless you're bringing up that Crowntail Betta fish. Your dog might be more well-behaved than you are, but find out ahead of time if Wishbone is invited, too. If renting a private cottage, the owner will indicate if pets are allowed. Even if they are, remember you aren't at home: Don't leave your pet alone in the cottage and keep them on the property at all times.

Man's best friend isn't always a welcome visitor: Ask first. ISTOCK

Take beach gear

When off to the local beach, ten Brummeler reminds us to bring our own beach supplies like towels and chairs. If you're coming with kids, ask if you need to bring your own kids toys. If your cottage happens to back onto a beach, it's important to remember that bonfires are normally only allowed in designated firepits.

BTW: BYOB means bring your own beach towels, chairs, toys and sunscreen. ISTOCK

Arrive with a gift

Don't stress over the perfect gift, you're not looking for an anniversary present. "(It) can be something fancy from Williams and Sonoma or a funky pair of oven mitts from Homesense," says ten Brummeler. "You can spend only $10 and it's a nice gesture to say thank you for having me up." Other options include board games, barbecue or fishing supplies, or hand soap and lotion combos.

ISTOCK

Don't want this to be your last supper at the cottage? Clean the day's catch, chop some firewood and help set and clear the table. ISTOCK

Lend a hand

Usually how you act is more important than what you bring. Offer to chip in gas money if you're using boats or carpooling. Don't forget that your host is on vacation, too, so help out where you can with things like cleaning, setting the table and chopping the wood. Oh, and you don't mind gutting the fish, do you?

Boundless choices, incredible savings

Visit North West Wholesale Pool & Spa

If you are in the market to invest in a refreshing pool or a luxuriating, therapeutic spa, North West Wholesale Pool & Spa is your one-stop shop in Winnipeg.

North West prides itself on being the oldest swimming pool company in Western Canada and has been offering customers top quality products since 1959. The company offers a large selection of pools, spas and accessories designed and built by the best manufacturers in the industry. Interestingly, North West also has the capability to ship its products worldwide and does so quite frequently to meet the growing demand of its products around the globe.

North West's customer base consists of homeowners and independent contractors who are looking to save serious money on top-quality products and unique, eye-catching options. Through partnerships with an extensive network of manufacturers, North West Wholesale is able to offer boundless choices and pass along incredible savings directly to the consumer through its retail store.

North West Wholesale also selects and stocks a substantial array of chemicals, covers, slides, steps and lighting options based on unique features that are designed for top performance.

Whether you are a first-time buyer or a seasoned pool owner, you can count on the staff at North West to provide you with excellent recommendations on the type of pool or spa that is the best for you, your family and your living space.

Visit North West's exceptional showroom at 1215 Border St. and browse through the vast array of shapes, sizes and features of each of their products. North West Wholesale Pool & Spa's customer service team is the most knowledgeable in the business and is always happy to answer questions and share its expertise.

For more information, visit northwestwholesale.com, call 204-942-0137 or send an email to pool-info@northwestwholesale.com.

CONTRIBUTED

TOP QUALITY MANUFACTURERS

A sampling of top quality manufacturers you will find at North West Wholesale Pool & Spa: Hayward; SR Smith; IPG Spas; Sani Marc; Highbury; Latham; Zodiac; Vogue; Swimline; Enersol; and HVAC.

Good Eats at The Beach

Summertime. Winnipeg Beach boasts delicious after-swim food

SHEL ZOLKEWICH
River City Kitchen
winnipeg@metronews.ca

Summer is here and it's time to hit the beach. Winnipeg Beach, that is. After a dip in the lake and some sunbathing, you may be a little peckish. Here are some dining options.

Bonnie Lynn's Café offers hearty breakfasts in a country kitchen setting. You'll find perogies and kubassa on the menu along with Korean lunch specials too (thanks to the new owners). The bacon cheeseburger is big and delicious. Open for breakfast and lunch year round.

It's best known for burgers and fries but the ultra thin-crust pizza is my favourite at Salty's Drive-Inn. The long-standing take-out joint also deep-fries a tasty serving of perogies. And if you're still hungry, order the Blob, an ice cream treat loaded with blueberries, hot fudge and bananas. Open daily for lunch and dinner from May to October.

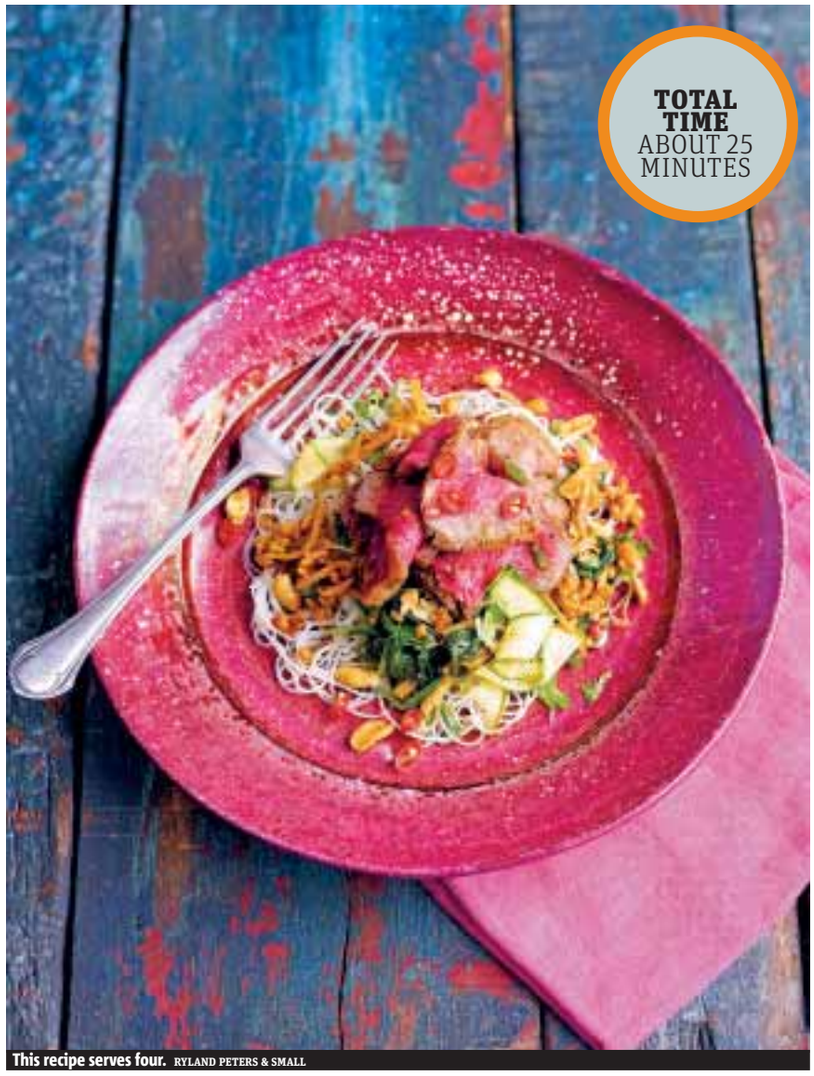
Hankering for Chinese food? You can do no better than New Sing Fei, located in the Winnipeg Beach Hotel. It's a favourite of locals and visitors alike thanks to their generous portions, great prices and most importantly, delicious dishes. The combinations plates are well under $10 and feature breaded veal, sweet and sour shrimp, chicken balls or honey lemon chicken. They do a brisk take-out business and the dining room is always hopping. Open daily year round.

Shel Zolkewich writes about food, travel and the outdoors when she's not eating, on the road or playing outside. Visit her blog at shelzolkewich.com. Got a food story idea? shel@shelzolkewich.com

The combination plates at New Sing Fei are plentiful, economical and delicious. SHEL ZOLKEWICH/FOR METRO

Spice route that leads to unique flavours

Thai-Spiced Rare Beef and Warm Rice Noodle Salad. This recipe employs a red curry paste marinade



This recipe serves four. RYLAND PETERS & SMALL

1. To make the marinade, mix the lemongrass, curry paste, fish sauce and lime juice, then place the beef in a shallow dish and cover with the marinade. Cover and refrigerate.

2. Heat the oil in a frying pan/skillet over medium heat and fry the marinated beef (reserving any remaining marinade) for 2 minutes each side. Remove from the pan, cover and set aside. In the same pan, quickly fry the bamboo shoots and peanuts with any remaining marinade. Add the spinach to the pan, immediately remove from the heat and cover with a lid to allow the spinach to wilt in the residual heat.

3. Blanch the noodles in a pan of boiling water for 5 minutes or until cooked. Drain and toss in the sesame oil, spring onions/scallions, Nuóc Cham and half the coriander/cilantro. Meanwhile, thinly slice the beef and keep warm.

4. Dress the courgettes/zucchini with the lime juice, the remaining coriander/cilantro and the salt.

5. To serve, divide the noodles between 4 warm plates, then pile the remaining ingredients on top. Garnish with the sliced chilies.

RECIPE FROM THE EASY KITCHEN: ASIAN FOOD (2014; RYLAND PETERS AND SMALL, RYLANDPETERS.COM)

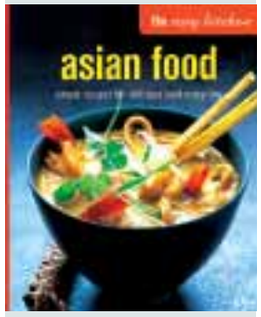
Ingredients

Marinade
- 1 lemongrass stick, very finely chopped
- 2 tsp Thai red curry paste
- 2 tsp nam pla fish sauce
- Freshly squeezed juice of 1/2 lime

- 400 g (14 oz) fillet steak/beef tenderloin
- 1 tbsp sunflower oil
- 100 g (3 1/2 oz) bamboo shoots, finely shredded
- 100 g (2/3 cup) roasted salted peanuts, coarsely ground
- 200 g (6 1/2 oz) baby spinach leaves
- 500 g (1 lb) thin rice noodles
- 1 tsp toasted sesame oil
- 8 spring onions/scallions, thinly sliced
- 3 tbsp Nuóc Cham (a fish sauce dipping sauce that can be found at Asian markets)
- 2 handfuls of fresh coriander/cilantro, finely chopped
- 2–3 baby courgettes/zucchini, sliced into ribbons with a mandolin or potato slicer
- Freshly squeezed juice of 1/2 lime
- A pinch of salt
- 2 thin red chilies, thinly sliced

Cookbook of the Week

An infusion of Asian flavours



Bringing the aromatic and sizzling recipes of East Asia to your kitchen, sans takeout containers, just got easier thanks to Asian Food: Simple Recipes for Delicious Food Every Day.

Whether you're looking for inspiring appetizers or finger foods, speedy weekday dishes or those worth-the-effort stunners, you'll find them here.

The collection of recipes includes Tempura Vegetables and Prawns, Chicken Pad Thai, Vietnamese Fried Chicken, Crab Wonton Wraps, Bulgogi, and more. METRO

More time for fun

Long weekend. Get creative with plans

MICHELLE WILLIAMS
For Metro

Woo hoo! A three-day weekend. That extra 24 hours opens up some great opportunities for having fun that you can't jam into a regular weekend. What can you plan at the last minute so your long weekend lives up to all the hype?

Head to the country

"It's a great way for a person, couple or family to step away from all the chaos of daily life and simply enjoy some time with nature," says Andrew Walker, editor of cottagetips.com.

It's the perfect choice for anyone looking for a little peace and quiet or to reconnect with the ones you love away from the tech gadgets.

Make a list of what you are looking for in a cottage or campsite, such as location and proximity to amenities.

"Ask about the 'vibe,'" Walker says. "Is it a quiet area or party central? And consider the shoreline: For families with kids, you're likely looking for a flat profile or a sandy shoreline with shallow water."

Go online and see what you can find. Also, ask around — maybe a friend or work colleague has a camping area to recommend or a cottage you can rent for a few days.

Have fun in the city

Take a break from your regular routine and get inspired by unique ideas you may not have time for in a typical two-day weekend, says Crystal Kwon, managing editor of Vancity Buzz.

"Create an event — get a group of friends together, go to a farmers' market and see what's good that day to use as inspiration for a special dinner," Kwon says.

Everyone can bring a dish and you can collectively set up an outstanding dinner.

"Another idea is to set up an outdoor movie theatre where you can screen a movie on a bedsheet hanging from a tree," she suggests.

Bonfires are a summer favourite.

Many people have backyard firepits, but you can also look around for someplace to have an old-fashioned bonfire. "Check bylaws and find a beach or park where you can make s'mores and have a great time sitting around a fire," Kwon says.

Plan a special dinner

"Create an event — get a group of friends together, go to a farmers' market and see what's good that day to use as inspiration for a special dinner."

Crystal Kwon, managing editor of Vancity Buzz

Shop at a local farmers' market if you are planning a special dinner with friends this long weekend. SHUTTERSTOCK

It's important to keep dry, as wet people often become cold people. If you do get wet, change your clothes or dry off by the campfire. SHUTTERSTOCK

Happy campers. How to keep warm at night

It may be hot enough to fry eggs on the sidewalk, but August nights can get chilly, especially while roughing it in the backwoods.

It's always best to over prepare when camping, says Robin McKee, a camping expert from Victoria, B.C. So get ready for cooler temperatures regardless of what the weather man says.

Bring plenty of clothing layers so you can peel off or add. McKee recommends wearing fleece, wool or polypropylene, as cotton holds moisture and takes too long to dry.

At night, when temperatures can dip to frigid lows, you may want to wear a toque and mittens made of Thinsulate, McKee suggests. Two or three pairs of socks will help thaw chilly tootsies. And don't forget your hot water bottle.

"My feet always get cold," said McKee, a lifelong camper, who blogs about the great outdoors at camping-expert.com. "If my feet are warm, the rest of me feels warm. A hot water bottle makes me a happy camper. I've even used a juice jug filled with hot water."

If a camper starts to shiver, it's important to get them warm immediately. An emergency foil blanket can do the trick, as it reduces a body's heat loss. KELLY PUTTER/FOR METRO

What to eat

Sugars release energy faster than carbohydrates, followed by proteins and then fats. But all are important. Robin McKee, a camping expert from Victoria, B.C., keeps her energy up by snacking throughout the day on trail mix, which has a good variety of fats, proteins and carbs. The colder it gets, the more hearty foods you need, so try soups, stews and chili. Sip hot chocolate or herbal tea just before bedtime.

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CONTRIBUTED

KEEP YOUR COSTS UNDER CONTROL

FIND QUALITY BACK-TO-SCHOOL ITEMS

Back-to-school shopping season is here and the fashion shopping choices are staggering.

How can parents keep costs under control while still getting a good selection of quality items?

Try shopping second-hand.

Consider two moms: Nina and Sarah.

Both have two growing kids that constantly need new clothing, particularly for the coming school year. Nina buys new. Sarah buys second-hand.

Nina is budget conscious and loves finding deals, but she only shops for children's clothing at stores that sell new items.

When Nina buys new, she finds that shoes, jeans, shirts and other basics each cost $20 or more, so when Nina shops for her two children she often spends more than $100 on each.

And when Nina wants to purchase high-quality and brand-name items for her kids, the price gets even higher.

Sarah, on the other hand, purchases clothing for her children second-hand at Value Village. On the Value Village racks, Sarah finds incredible deals: Most items cost between $3 and $10. She can find a whole outfit for each child — shirt, jeans, shoes, coat — for less than $30.

Since Value Village hand-picks only the best-quality items to be sold in the store, Sarah has plenty of options for very good value. She finds name-brand clothing and household items for much less than Nina is paying for pieces of the same quality.

The selection at Value Village is great, too. Sarah finds just as much or more selection on the racks in the children's section than Nina does in a department store. Value Village is a treasure trove of pieces that Sarah's children love.

Nina's shopping choices are also less environmentally friendly than Sarah's. By purchasing second-hand clothing, Sarah is helping to reduce the number of items that go to the landfill.

Back-to-school deals happen every day at Value Village.

For more information, please visit valuevillage.com. *– Stephanie Orford*

Work the racks for the best deals

Second-hand shopping for your kids is quite different from buying new.

Malee Perera is a mom based in Vancouver who buys about 50 per cent of her eight-year-old son's wardrobe from second-hand stores, including Value Village.

Here's how she makes the most of her thrift shopping experience:

ESTABLISH YOUR CRITERIA

Learn to sift through the unique pieces and find something that's right for you. Perera assesses criteria, including the quality of the fabric and construction of the clothing item, what condition it's in and whether it's something she thinks would suit her son's sense of style.

IF YOU DON'T FIND ANYTHING, JUST COME BACK IN A DAY OR TWO

Value Village stocks an ever-changing selection of about 100,000 items, and since 5,000 to 10,000 new items come into each store every day, there's always something new.

"That is what's so great about second-hand shopping," Perera says. "Sometimes I'll find a couple of things I like one day, and then I'll find 10 things another day."

The same goes for shopping at different locations, Perera says. If she doesn't find what she's looking for at one store, she tries another. There are more than 125 Value Village locations across Canada.

STOCK UP

"Sometimes when I go to Value Village, I won't find anything that my son can use right now, but I will find something that will be useful a few months from now," Perera says. "If you see it and know you'll need it later, buy it now."

LOOK FOR DEALS

Shopping at Value Village is a great deal on its own, but shoppers can find even more deals if they know where and when to look.

Value Village shoppers can get even more deals by signing up for a Super Savers Club Card. The card gives members discounts on select items, and members get updates on upcoming sales and deals. *– Stephanie Orford*

CONTRIBUTED

PAY IT FORWARD

Fall is a fresh start for style, and it's also a time to clean out your closet and donate to a worthy cause at the same time.

If you have clothing or household items that you don't use anymore, donate them. Value Village partners with local not-for-profit organizations so that every purchase helps provide sustainable funding for vital community programs and services. Every item you donate helps.

Value Village is also one of the largest recyclers of used clothing in the world, keeping more than 294 million kilograms (650 million pounds — the weight of two cruise ships) of quality goods from landfills.

Last year, Value Village repurposed 329 million tops, 59 million pairs of shoes, 114 million pairs of pants and 28 million coats.

Anything that your kids grow out of can be donated. It's a great way to give back to the community.

Back to School *Savings*

ValueVillage

Good deeds. Great deals.
www.valuevillage.com

Donations Benefit

Canadian Diabetes Association

Check 1, 2: Theisen-Eaton wins gold, Zelinka silver in heptathlon

Gold medallist Brianne Theisen-Eaton, left, and silver medallist Jessica Zelinka celebrate after running the 800 metres in the heptathlon at the Commonwealth Games in Glasgow, Scotland, on Wednesday. Theisen-Eaton, a 25-year-old from Humboldt, Sask., won gold with a score of 6,597, while Zelinka, 32, from London, Ont., had a score of 6,270. Scan the image with the Metro News app for more from Day 7 of the Commonwealth Games.

RICHARD HEATHCOTE/GETTY IMAGES

Bombers in tough vs. ambitious Gable

CFL. Ticats' 2nd-year RB has sights set on first-ever 1,000-1,000 season

He's got some work to do but C.J. Gable hasn't given up on his goal to re-write the CFL record book this season.

Prior to the opening kick-off, the Hamilton Tiger-Cats' dynamic running back stated he wanted to become the first player in league history to register 1,000 yards rushing and receiving in the same campaign.

The six-foot-one 208-pound Gable has 119 yards rushing and 169 yards receiving so far this year with Hamilton (1-4), but says the 1,000-1,000 campaign remains very achievable.

"Yeah, I think it can still happen," Gable said. "You never know, one game I might get 200 yards receiving or 200 yards rushing."

The 26-year-old from Sylmar, Calif., ran for 782 yards on 130 carries (six-yard average) and seven TDs while recording 54 catches for 598 yards and five TDs last season.

Gable rushed for 62 yards and a TD on six carries while adding three catches for 105 yards in the Ticats' 33-23 home win over Ottawa on Saturday.

He turned a screen pass from Dan LeFevour into an 83-yard completion that set up LeFevour's one-yard TD run that broke a 23-23 tie.

"It felt good but I'm always ready when my number is called," Gable said. "You never know in this game."

Gable is a threat to do something big every time he touches the ball but Thursday night he'll be facing a Winnipeg (4-1) defence that looked very solid in Friday's 23-6 win over B.C. The Bombers intercepted Kevin Glenn twice, recorded five sacks and also recovered a fumble.

"They're a really good defence," Gable said. "They fly around and we just have to play mistake-free."

Winnipeg will be minus leading receiver as Nick Moore (22 catches for 320 yards) is out with a foot injury but former Ticat Aaron Kelly returns after missing two weeks.

Kelly is looking forward to returning to Hamilton, where he spent two seasons before joining the Bombers in 2013.

"I had two weeks off to get healthy and get right," he said. "I definitely didn't want to miss this game and a chance to come back to Hamilton and play."

THE CANADIAN PRESS

What he'd need

56

A CFL player would have to average 56 yards rushing and receiving per game over the 18-game regular season to achieve 1,000 yards rushing and receiving in the same season.

Tiger-Cat Jeremiah Masoli hands off to teammate C.J. Gable during a game at Calgary's McMahon Stadium on July 18. DEREK LEUNG/GETTY IMAGES

Week 6 pick

Bombers at Tiger-Cats, Thursday, 6 p.m. (TSN)

Dan LeFevour has a tough act to follow: His own.

The third-year QB was impressive in his first start, passing for 361 yards and a TD while adding 109 yards rushing and the go-ahead TD in Hamilton's win over Ottawa.

But the Ticats have the misfortune of facing a Winnipeg team coming off an impressive win over B.C. It was a statement game for the Bombers as it came on the heels of a decisive 26-3 loss to Edmonton the week before.

Quarterback Drew Willy was 18-of-26 passing for 250 yards with a TD and interception. As impressive as Willy has been this year, Winnipeg's defence is tied for second overall in takeaways with 11 and third in sacks (17). And then there's the matter of the Bombers' stellar 3-0 record versus East Division teams this year.

Pick: Winnipeg

CFL awards

Esks' Reilly best offensively in July

Edmonton quarterback Mike Reilly has been named the CFL's offensive player of the month for his role in the team's resurgent start to the 2014 season.

Reilly passed for 1,142 yards on 110-for-173 passing (63.6 per cent) and threw for nine touchdowns to help lead the Eskimos to a 4-1 start.

Saskatchewan defensive end John Chick was named the top defensive player for July, Toronto kicker/punter Swayze Waters took the special teams award and B.C. running back Andrew Harris was named top Canadian. THE CANADIAN PRESS

NHL

Keeping King has nice ring to Kings

Left-winger Dwight King has agreed to a three-year, $5.85-million contract to return to the Los Angeles Kings, avoiding arbitration.

The Stanley Cup champions announced the deal Wednesday with the two-time cup winner King.

King set career highs with 15 goals and 15 assists in 77 games last season, adding three goals and eight assists in the playoffs.

THE ASSOCIATED PRESS

MLB

Buehrle's win total goes to 11

Mark Buehrle pitched 6 2/3 innings to earn his first win in almost two months and Dioner Navarro had three hits and three RBIs to lead the Toronto Blue Jays to their fifth consecutive victory, a 6-1 win over the slumping Boston Red Sox.

Mark Buehrle, 11 game winner. GETTY IMAGES

Buehrle (11-7) allowed one run on six hits and a walk, striking out two to snap a six-game losing streak that matched the longest of his career. He had not won in nine starts since earning his ninth consecutive victory on June 1.

Toronto has won eight of its last nine games and trails first-place Baltimore by 2 1/2 games.

THE ASSOCIATED PRESS

AUGMENTED REALITY

metro AR

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Are you closer to reaching the targets you set yourself at the start of the year? If not, it may be time to adjust your sights.

♉ Taurus
April 21 - May 21
A colleague will let you down today and you won't be happy. But don't let it bother you because you're capable of making a success of a project on your own.

♊ Gemini
May 22 - June 21
Shove any worries you might have to the back of your mind. The Sun in Leo at this time of year brings all sorts of social and travel opportunities.

♋ Cancer
June 22 - July 23
Don't be hard on yourself if you haven't yet reached the heights you're aiming for. There is no time limit by which you have to be rich, famous or whatever else you think you should be.

♌ Leo
July 24 - Aug. 23
The past is of no concern. The only thing that matters is the future. Take each day as it comes and don't bother looking too far ahead. Your life will always be guided in the right direction.

♍ Virgo
Aug. 24 - Sept. 23
Don't tell others what they want to hear, tell them what they need to hear. A dose of reality is the only medicine to cure their ills and you are the one to demonstrate its efficacy.

♎ Libra
Sept. 24 - Oct. 23
Winning is important to you but sometimes you take it too far and expect too much of yourself. What happens today will remind you how good the simple things in life can be.

♏ Scorpio
Oct. 24 - Nov. 22
Try something you have never done before. Others may not approve but, if anything, that will make you more determined to go through with it.

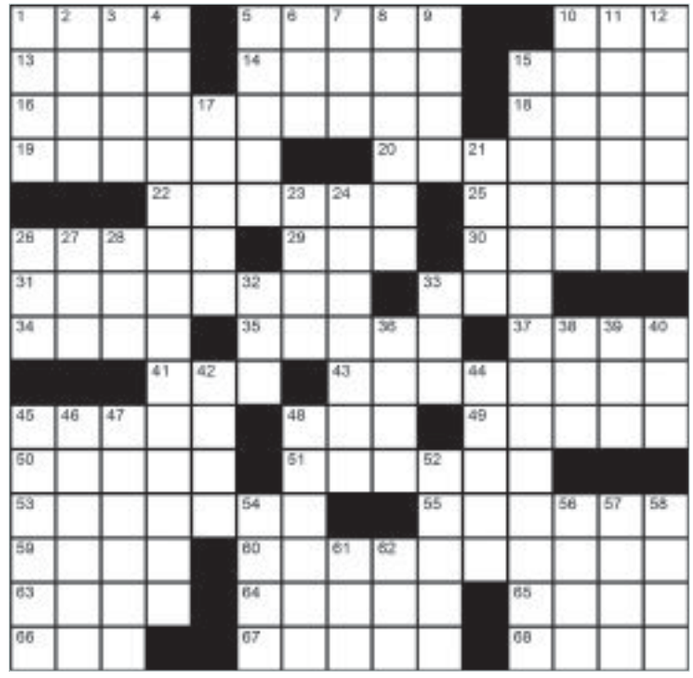
♐ Sagittarius
Nov. 23 - Dec. 21
Others can waste their money if they wish but you have people depending on you and that means you must stay focused on what is important. You're a lot more responsible than most.

♑ Capricorn
Dec. 22 - Jan. 20
It may seem others are trying to make life difficult for you but likely you're making life difficult for yourself. What happens in the world "out there" depends on what goes on in your head.

♒ Aquarius
Jan. 21 - Feb. 19
Each time you think you're making progress someone changes the rules! The universe is trying to show you there are no hard and rules at all.

♓ Pisces
Feb. 20 - March 20
It may annoy you that a friend insists on everything being done their way but go with it. If it's a success you'll share the glory. If it's a failure it's their fault.

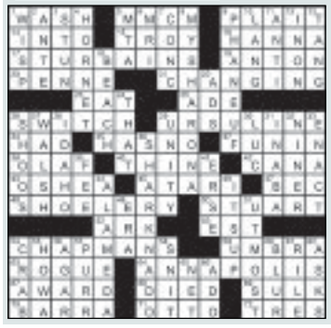
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Straight-laced
5. Eve of "The Brady Bunch"
10. Printer resolution meas.
13. "Cityline" guest expert Mr. Dilio (Makeup artist)
14. Norse sea god
15. Brussels is its cap.
16. Toronto-born architect of Spain's Guggenheim Museum Bilbao: 2 wds.
18. French for 'the water'
19. Finalize
20. "You and I" Juno-winning singer who co-wrote Icona Pop's new song "Get Lost"
22. On an upswing
25. The Who album: 'Live at __'
26. Internet device
29. "__ South"
30. Chasm
31. Ottawa: Canada __ and Space Museum
33. Stockholm's li'l locale
34. Soccer feat
35. Texas landmark to 'remember', The __
37. Invested-in letters
41. French pronoun
43. __ __ tomatoes
45. Verse, in Verdun
48. Diving bird
49. Aerobics-wear material
50. Severus __ ('Harry Potter' character)
51. Dictation-taker, briefly
53. Is employed: 3 wds.
55. Rioting reason
59. 'Symptom' suffix
60. Archies hit co-written by Canada's Andy Kim: 2 wds.
63. Shrivel
64. Actor Jeremy
65. Olfactory organ
66. Operative
67. Irish playwright, J.M. __
68. Disapproving sounds!

Down
1. Computer files, e.g.
2. To laugh: French
3. Take __ __ the waist
4. Canadian team in Major League Soccer: 2 wds.
5. Book parts
6. Actor Jason That's Why They Call It the Blues"
7. "Icky!"
8. Desert wanderer's vision
9. Welsh opera singer Mr. Terfel
10. "So You Think You Can Dance" host Cat
11. Checkered patterns
12. Elton John's "_ __
15. Nova Scotia dessert: 2 wds.
17. The Kiss painter, Gustav __
21. 'Hunger Games' actress ...her nickname
23. Rocker Billy
24. Canadian territory
26. Chatelaine, e.g.
27. Drake's record label, __ Sound
28. Day: Spanish
32. '_' __ in Iqaluit (#24-Down's capital)
33. Abel, to Adam
36. Mr. Myers
38. Mr. Ocasek
39. Li'l season
40. Podded plant particle
42. Actor, __ _. Cobb
44. Entrepreneur Mr. Musk's
45. "Hooey!" [pl.]
46. How police might get information: 3 wds.
47. Without problem
48. Bruce Springsteen album: 'Greetings from __ Park N.J.'
52. Health care professional
54. Medical suffix
56. Inflated ids
57. Regina's prov.
58. "__ bien!"
61. 'Poly' suffix
62. Director Mr. Lee

Yesterday's Crossword



Online
See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2		4	9			5		
	9		5			2		4
	1		4		7		8	
		9		4	1	7		
5	6						4	3
		2	3	9		8		
	2		7		4		9	
1		7			9		3	
		3			8	6		7

Yesterday's Sudoku

1	8	5	6	2	3	7	4	9
9	2	6	8	7	4	3	5	1
3	7	4	1	9	5	8	2	6
6	5	9	4	8	1	2	3	7
4	1	2	5	3	7	9	6	8
7	3	8	2	6	9	4	1	5
8	6	3	9	1	2	5	7	4
5	9	7	3	4	6	1	8	2
2	4	1	7	5	8	6	9	3

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INCOMING2

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LEASE FOR $108 B/W

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RPZR6W

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* See dealer for details

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